

9.16.14 “Back-to-school freebies, green news & more!”

Dear Schools & Community,

Welcome back to school! It’s been great to meet with many of you at your all-staff meetings, in your cafeterias at lunchtime, and in your classrooms these past two weeks.

Did you know...?

- Last school year *Cambridge Public Schools recycled 369 tons of clean paper and cardboard and plastic, metal and glass containers. Thanks everyone!*
- We completed several large *energy-efficiency projects* throughout the school district, including upgrading digital control systems and HVAC equipment, and retrofitting a library, cafeteria, and several classrooms.
- The eight school buildings with “Food to Flowers” *lunchroom composting kept 42 tons of food scraps out of the trash last school year! Wow! That’s a lot of compost to help grow food and flowers. Thank you Amigos, Cambridgeport, CRLS, Graham & Parks, King Open/CSUS, Peabody/RAUC, Tobin/VLUS, and Haggerty Schools.*
- *Your efforts in our CPS community kept nearly 55 truckloads of trash from going to the incinerator or landfill! Thanks for helping reduce greenhouse gas emissions by reducing, reusing, recycling, composting, and using less energy!*
- *Many CPS staff participated in Walk-Ride Days Challenge, using creative, environmentally-friendly methods of transportation for commuting to work on the last Friday of each month.*

Thanks so much for your continued support of the Cambridge Green Schools Initiative (CGSI)!

Sincerely,

Kristen von Hoffmann, CPSD Sustainability Manager

\*Tip of the Week: Don't idle in your car or vehicle – turn it off if you are sitting for more than 30 seconds. Children are more vulnerable to the impacts of vehicle pollution than other populations.

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### Freebies!

- *Need 3-ring binders?* The Recycling Center at 147 Hampshire St has many gently-used binders to choose from. You can stop by during the Center's open hours (Tu/Th 4-7:30pm, Sat 9am-4pm) or email Meryl at DPW ([mbrott@cambridgema.gov](mailto:mbrott@cambridgema.gov)) for binders to be dropped off at your school.
- *Need materials for classroom or art projects?* "Extras for Creative Reuse" is a non-profit supplying teachers with free & inexpensive classroom supplies. Visit them at: 20 Wheeler St, Lynn, MA, 01901 or online at: <http://www.extrasforcreativeuse.org/>

### Environmental Curriculum

- *Climate Change Education & Classroom Teaching Resources:*  
<http://www.climate.gov/teaching/2014-national-climate-assessment-resources-educators>
- *"The Green Team" is an environmental club you can sign your class up for!* The program is for Massachusetts students, grades K-12. Sign up your class and receive educational tools, such as a classroom poster, lesson plans, recycling tips and suggested activities. Each class that takes the Green Team Pledge and receives a Certificate of Recognition and is eligible to win great prizes. Learn more and sign up at: [www.thegreenteam.org](http://www.thegreenteam.org).
- *Cambridge Green Schools Initiative website* provides education videos, links to online teaching tools, and other resources! Website:  
<http://www.cpsd.us/cms/One.aspx?portalId=3042869&pageId=3428485>.
- *CitySprouts Teacher Forum is a free webinar series where elementary and middle school teachers* share garden-based lessons and best-practices with other educators. Each session focuses on a core subject with 2 to 4 teachers presenting each time. All participants receive a certificate of participation after each webinar session. [~Register for Session 2 here.](#) Cambridge & Boston public school teachers can receive professional development credit - must register at their school districts' respective portals: Cambridge Public Schools: [Electronic Registrar Online](#)

### Recycling & Composting

- *Has your school started cafeteria composting yet?* We are working with schools to establish more composting programs. We have 8 schools doing full-scale composting in our school district now! If your school is interested in composting, please reply to this e-mail.

- *Cambridge Repair Café is September 27, 10:00 am to 2:00 pm*, Cambridge Community Center, 5 Callender St.~ What to do with a chair when a leg is loose? With a toaster that no longer works? ~Or a sweater with moth holes? Toss it? No way! You can repair it at Repair Café! ~Clothes, Electrical Appliances, Toys, Bicycles, Musical Instruments, Jewelry, Furniture, etc. ~Repair things together, receive expert advice, meet each other and be inspired.~ Free & open to the public.~ For more info, [visit the project](#)'s Facebook page. ~
- *Have documents you need shredded?* Free Public Shredding Day is Saturday, Sept. 20, from 10 a.m. – 2 p.m., in front of Central Square Post Office, 770 Mass. Ave., Cambridge. Documents will be destroyed on the spot in a highly advanced technical mobile shredding truck provided by Shred King Corporation. For more information, please contact Laura M. Nichols with any questions at 617-349-6150 or [consumer@cambridgema.gov](mailto:consumer@cambridgema.gov).

### Go Green Challenge

- Elementary and Upper School teachers, please help us learn about the impact of the Go Green Challenge we ran in the schools last spring, and improve it for this coming year. We'd appreciate hearing from you even if you didn't participate last year. Thank you very much your help! <https://www.surveymonkey.com/s/QRHGYHM>.

### Nature & Outdoors

#### *Upcoming events at Fresh Pond*

- History of Fresh Pond Walk
  - Sept. 20
  - 1-3pm, meets at Ranger Station
  - In celebration of Cambridge Discovery Days learn about Fresh Pond's past.
- Community Weed Out: Smorgasbord!
  - Sept. 22
  - 6:00-7:30pm, meets at volunteer trailer in lower parking lot
  - We'll tackle the smorgasbord of weeds at the end of the growing season.
- National Public Lands Day Stewardship
  - Sept. 27
  - 1:30-4:30pm, meets at Ranger Station
  - Join People Making a Difference (PMD) and Ranger Jean to help with a variety of stewardship tasks.
- Kids' Walks run Fridays, 10-11:30am from September 12-November 21 for young kids and their parents/caretakers. Join CWD staff and volunteers for casual explorations and play in our urban wild! We meet at Maher Park (650 Concord Ave) through October 3. For the rest of Oct. and Nov. we meet at the Ranger Station (far side of the Water Dept

building, 250 Fresh Pond Pkwy). Heavy rain or thunder cancels. Contact: Kirsten at (617) 349-6489, [klindquist@cambridgema.gov](mailto:klindquist@cambridgema.gov).

- Wake Up & Weed, every Thursday (excluding Sept. 4) from 10am-noon, meeting at the volunteer trailer in the lower parking lot
- Join our weed-warrior crew! We are Fresh Pond citizens dedicated to keeping invasive plants at bay for the benefit of wildlife, water and humans alike. No experience or long-term commitment necessary! All tools are provided; sturdy shoes, pants, long-sleeves and a water bottle are strongly recommended. Contact: Kirsten at (617) 349-6489 / [klindquist@cambridgema.gov](mailto:klindquist@cambridgema.gov)

#### *Upcoming events at Alewife Reservation*

- Friends of Alewife Reservation Walks - Wildlife walks sponsored by [FAR](#) impart the history and background to the DCR's Alewife Reservation, a rare urban wild in Cambridge.~ The walks are led by a professional wildlife assessor, Dave Brown. Tours last 2 hours.~ To prepare for the tour, or to get a "Virtual Tour", [click here](#). Website: <http://friendsofalewifereservation.org/#calendar>.

#### Water

- Water is a great drink choice for kids. It is calorie-free and low cost from your nearest tap! Water is also the best drink to keep kids hydrated. Make sure that water is available all day. Kids should drink plenty of water when they are playing and being active. It is more sustainable to bring in a re-usable water bottle and fill up at the tap/bubbler than to buy and throw away plastic water bottles.

#### Transportation

- *EZRide Shuttle*

617-8EZ-info 617-517-9740~ [www.ezride.info](http://www.ezride.info)

The EZRide Shuttle is free for all City of Cambridge employees! EZRide connects North Station to Lechmere, Kendall Square, and Cambridgeport.~ Stops along the way include the Galleria and University Park.~ The shuttle operates Monday-Friday, except holidays, with buses every 8-10 minutes. There is limited mid-day shuttle service as well. EZRide is a service of the Charles River Transportation Management Association (CRTMA). Email [jlawrence@cambridgema.gov](mailto:jlawrence@cambridgema.gov) to get your free sticker.~

- *PARK(ing) Day is September 19<sup>th</sup> this year!*

An annual worldwide event, the City of Cambridge has hosted PARK(ing) Day since 2011. Each year we take over dozens of parking spots and turn them into something else for the day. Stay tuned for an amazing array of community groups, City departments and businesses taking back those spaces from cars and using them for people. [www.cambridgema.gov/parkingday](http://www.cambridgema.gov/parkingday)

- *Free Bicycle Workshops*

Look for free workshops throughout the month of November to help you get around town comfortably on bike! These are all free. <http://bit.ly/1qkbB78>

## Energy

- *Energy efficiency practices for our schools include designing and implementing sustainable energy protocols unique to each school building, and by asking building occupants to participate in the following simple actions: unplugging electrical devices at the end of the day, putting all computers to sleep and turning them off at night, turning off lights when a room is not in use, lowering the thermostat, leaving lights off if southern exposure or natural light sources are available, turning off faucets all the way, and encouraging green transportation when commuting to school. To learn more about CGSI Energy projects in our schools, visit:*  
<http://cpsd.ss5.sharpschool.com/cms/One.aspx?portalId=3042869&pageId=3428293>
- *The [Cambridge Solar Tool](#) provides a web-based interactive tool to find out the potential for installing solar photovoltaic systems on rooftops in the city.~ The tool also evaluates the financial feasibility of installations and makes comparisons to alternative investments.~ The tool is designed by Modern Development Studio and based on the research of the [MIT Sustainable Design Lab](#) led by Dr. Christoph Reinhart.~ The City's [Cambridge Energy Alliance](#) program can assist interested property owners with finding installers and understanding the financial aspects.*
- *Check Out Watt Meters at the Library and borrow a "kill-a-watt" meter from the Main Public Library to measure how much electricity their home appliances and devices use.~ The meters come with a guide on how to use them and information on how to save energy.~ The meter kits and guide were developed by the [Sprouts of Hope](#) group formerly based at the King Open School.*

Thank you!

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Cambridge Green Schools Initiative~  
[http://www.cpsd.us/departments/facilities/office\\_for\\_sustainability](http://www.cpsd.us/departments/facilities/office_for_sustainability)